

Parenting During COVID-19: Back to School Prep

Caty Buckley, LCSW and
Nancy Casey, FNP
will share their tips
during outdoor, socially distant
sessions
at Grant Park 6-7pm

Middle School Specific:
8/17/20

High School Specific:
8/19/20

Communication Tips for
All Parents, Joint Session:
8/25/20

Topics Include:

Managing Expectations: Yours
and Theirs

- How to have discussions about academic, social, and sleep/scheduling expectations

Emotional Regulation

- How to stay off the emotional rollercoaster and what to do when you or you child find yourselves on it

What to Say When You Don't
Know What to Say

- Sometimes you just need some tips about what to say and how to say it

Space is limited

\$30 per session,
\$50 for 2 sessions

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